

## AMENDMENT TO THE CLAIMS

Please amend the claims as follows:

1. (Currently Amended) A method for managing ~~pain caused by~~ stress on a plantar fascia of a human foot including:

~~supplying~~ providing a support device, wherein said support device is pre-shaped to be conformed for use with the foot and at least a portion of said support device is made of a material that is substantially stretch resistant;

adhering at least a portion of said support device to the foot using an adhesive; and  
controlling tension in at least a portion of the plantar fascia of the foot, wherein said tension is shared between the plantar fascia and said support device.

2. (Original) The method of claim 1 wherein the step of adhering at least a portion of said support device includes:

applying said adhesive to the foot; and  
pressing said support device against said adhesive.

3. (Original) The method of claim 1 wherein the step of adhering at least a portion of said support device includes:

applying said adhesive to the support device; and  
pressing said support device against the foot.

4. (Original) The method of claim 1 wherein the step of adhering at least a portion of said support device includes adhering a foot sole support to at least a portion of a sole of the foot, wherein said foot sole support is pre-shaped to match the sole of the foot.

5. (Original) The method of claim 4 wherein the step of adhering at least a portion of said support device includes wrapping a toe strap over at least a portion of a toe of the foot, wherein said toe strap is attached to said foot sole support.

6. (Original) The method of claim 4 wherein the step of adhering at least a portion of said support device includes wrapping an arch strap over an arch of the foot, wherein said arch strap is attached to said foot sole support.

7. (Original) The method of claim 4 wherein the step of adhering at least a portion of said support device includes adhering a heel strap to at least a portion of a heel of the foot, wherein said heel strap is attached to said foot sole support.

8. (Original) The method of claim 4 wherein the step of adhering at least a portion of said support device includes wrapping a front strap laterally across the foot near a ball of the foot, wherein said front strap is attached to said foot sole support.

9. (Original) The method of claim 1 including:  
removing a protective cover from said support device, wherein said protective cover is removably adhered to said adhesive.

10. (Original) The method of claim 1 wherein said support device includes indicia that indicate the order in which portions of said support device are attached to the foot.

11. (Original) The method of claim 4 including:  
transporting moisture from a surface of the foot positioned between said foot sole support and the foot,

wherein at least a portion of said foot sole support is made of a permeable material and the moisture is transported through said permeable material.

12. (Previously presented) A system for managing pain caused by stress on a plantar fascia of a human foot including:

a support device affixed to a foot, wherein said support device is pre-shaped to be conformed for use with the foot and at least a portion of said support device is made of a material that is substantially stretch resistant; and

an adhesive, wherein said adhesive affixes at least a portion of said support device to the foot, whereby tension is shared between the plantar fascia and said support device to control the stress in at least a portion of the plantar fascia.

13. (Original) The system of claim 12 wherein said support device includes a foot sole support affixed to at least a portion of a sole of the foot, wherein said foot sole support is pre-shaped to match the sole of the foot.

14. (Original) The system of claim 13 wherein said support device includes a toe strap wrapped around at least a portion of a toe of the foot, wherein said toe strap is attached to said foot sole support .

15. (Original) The system of claim 13 wherein said support device includes an arch strap wrapped over an arch of the foot, wherein said arch strap is attached to said foot sole support.

16. (Original) The system of claim 13 wherein said support device includes a heel strap adhered to at least a portion of a heel of the foot, wherein said heel strap is attached to said foot sole support.

17. (Original) The system of claim 13 wherein said support device includes a front strap wrapped laterally across the foot near a ball of the foot, wherein said front strap is attached to said foot sole support.

18. (Original) The system of claim 12 wherein said support device includes at least one removable protective cover, wherein said at least one removable protective cover is removably adhered to said adhesive.

19. (Original) The system of claim 12 wherein said support device includes indicia that indicate the order in which portions of said support device are to be attached to the foot.

20. (Original) The system of claim 12 wherein said support device is made of a permeable material that allows moisture to move from the surface of the foot through said permeable material.

21. (Previously presented) The method of claim 1, wherein said method includes treating pain in at least one of the heel, or arch or ball of the foot.

22. (Previously presented) The method of claim 1, wherein said controlling step includes preventing extension and stretching of the plantar fascia of the foot.

23. (Previously presented) The method of claim 1, wherein said controlling step includes reducing tension on the plantar fascia of the foot.

24. (Previously presented) The method of claim 1, wherein at least a portion of said support device is made of a plurality of materials which in combination are substantially stretch resistant.

25. (Previously presented) The system of claim 12, wherein said support device is affixed to the foot to treat pain in at least one of the heel, or arch or ball of the foot.

26. (Previously presented) The system of claim 12, wherein said support device prevents extension and stretching of the plantar fascia of the foot.

27. (Previously presented) The system of claim 12, wherein said support device reduces tension on the plantar fascia of the foot.

28. (Previously presented) The system of claim 12, wherein at least a portion of said support device is made of a plurality of materials which in combination are substantially stretch resistant.

29. (New) The method of claim 1, wherein said support device includes a plurality of protective covers and wherein said method further includes removing said plurality of protective covers from the support device in order to adhere the support device to the foot.

30. (New) The system of claim 12 further comprising a plurality of protective covers removably joined to said support device.

31. (New) The method of claim 1, wherein said support device includes a plurality of straps and wherein said step of adhering at least a portion of the support device to the foot includes adhering said plurality of straps to the foot generally transversely to the support device to secure the support device to the foot.

32. (New) The system of claim 12 further including a plurality of straps that are affixed to the foot generally transversely to said support device.

33. (New) The method of claim 1, wherein said support device includes a foot sole support that is pre-shaped in accordance with the shape of the sole of the foot and wherein the step of adhering at least a portion of the support device to the foot includes adhering said foot sole support to at least a portion of the sole of the foot.

34. (New) The system of claim 12, wherein said support device includes a foot sole support that is pre-shaped in accordance with the shape of the sole of the foot, said foot sole support being affixed to at least a portion of the sole of the foot.

35. (New) The method of claim 1, wherein said method further includes providing at least one strap and adhering said at least one strap to the foot separately from the support device.

36. (New) The system of claim 12, further including at least one strap that is affixed to the foot separately from said support device.

37. (New) The method of claim 1, wherein said support device includes medicinal additives and wherein the step of adhering at least a portion of the support device to the foot includes applying said medicinal additives included in the support device to the foot.

38. (New) The system of claim 12, wherein said support device includes medicinal additives that are applied to the foot.

39. (New) The method of claim 1, wherein the support device is a composition of Rayon fabric having at least a 3600 thread count and having a thickness of less than 30 mils, an adhesive, and a protective cover.

40. (New) The system of claim 12, wherein said support device is a composition of Rayon fabric having at least a 3600 thread count and a thickness of less than 30 mils, an adhesive, and a protective cover.